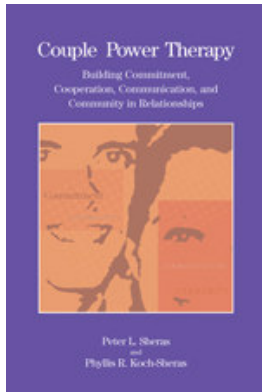




COUPLE POWER THERAPY: BUILDING COMMITMENT, COOPERATION, COMMUNICATION, AND COMMUNITY IN RELATIONSHIPS

Peter L. Sheras and Phyllis R. Koch-Sheras



About 264 pages.
Hardcover. List: \$49.95
APA Member/Affiliate:
\$39.95
ISBN 1-59147-235-0 Item
4317074

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Conventional couples therapy focuses on correcting specific relationship problems, but this method is often limited because it does not result in lasting improvement. In *Couple Power Therapy*, Drs. Sheras and Koch-Sheras introduce the Couple Power Therapy model, an exciting new approach in which partners cocreate a unified vision for their relationship. These seasoned couples therapists use a series of sequential tasks to teach the partners how to transcend their individual identities to nurture “the couple as entity,” in effect, crafting a whole that is greater than the sum of its parts. At the heart of this model are the tasks known as the “4 Cs” of Couple Power Therapy: commitment, cooperation, communication, and community. Upon learning these tasks, the authors note, any couple can develop and maintain the solid foundation that is crucial for successful couplehood. Packed with exercises and illustrative case studies, this innovative book is an indispensable resource for therapists seeking to empower their clients and equip them with the progressive and practical tools necessary for healthy, long-lasting partnerships. Part of the APA Psychologists in Independent Practice (Division 42) series

What Others Are Saying.....

This book brings together a wealth of research and practice information and integrates it into a new paradigm for treating couples. All therapists who work with couples will want to add this book to their library and learn from Sheras and Koch-Sheras’s wisdom and 25 years of experience in helping couples create great relationships.

—James H. Bray, PhD, Department of Family and Community Medicine, Baylor College of Medicine, Houston, Texas; author of *Stepfamilies: Love, Marriage, and Parenting in the First Decade*

In their book, *Couple Power Therapy*, Sheras and Koch-Sheras abandon the individualistic models of the past, conceptualizing the couple as an entity in its own right. There is no book on the market that contains so much material of value for couples counselors, therapists, coaches, and for couples themselves.

—Stanley Krippner, PhD, Professor of Psychology, Saybrook Graduate School and Research Center, San Francisco, California; coeditor of *The Psychological Impact of War Trauma on Civilians: An International Perspective*

On the basis of their extensive clinical experience, the authors have identified four tasks essential for developing a stable and gratified couple relationship. This book, with its vivid case vignettes and clearly presented steps for creating a sense of “weness” or couple identity, will serve as an invaluable resource both for therapists and for couples seeking to build a more committed fulfilling relationship.

—Mavis Hetherington, PhD, Professor Emeritus, University of Virginia, Charlottesville

About the Authors



Peter L. Sheras, PhD, ABPP, is a clinical psychologist and a professor in the University of Virginia’s Curry Programs in Clinical and School Psychology. He is a fellow of the American Academy of Clinical Sexologists, and past president of the Virginia Psychological Association.

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